



Summit Area YMCA
Springfield Branch
 100 S. Springfield Ave
 Springfield, NJ 07081

(973) 467-0838 www.summitareaymca.org

SUMMER SCHEDULE AS OF 6/21

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00-7:15 Wake-Up Call Studio B w/ Mike T		6:00-7:15 Wake-Up Call Studio B w/ Mike T		6:00-7:15 Wake-Up Call Studio B w/ Mike T	
		8:00-9:00 Cardio/Sculpt Studio B w/ Maria	8:00-9:00 Zumba Studio B w/Lisa	8:00-9:00 Bike & Band Studio B w/Susan	<i>8:00-9:00 Body Sculpt w/Vikki Studio B</i>	8:00-9:00 Iron Dolls Fitness Area w/ Susan	8:15-9:30 Step Interval Studio B/ W Peggy/Mimi
		8:00-9:00 Iron Dolls Fitness Area w/ Susan					
	9:15-10:00 Indoor Cycling Studio B (rotation)	9:15-10:15 Cardio/Kick Studio B w/ Maria	9:15-10:15 Body Bands & More Studio B w/ Susan	9:15-10:15 Cardio/Kick Studio B w/ Maria	9:15-10:15 Boxing Boot Camp Advanced. Studio B w/ Susan	9:00-10:00 Lo Impact Gymnasium w/ Maria	9:00-10:00 Dance Aerobics Teen Center w/ Judy
	10:15-11:15 Boxing Boot Camp Advanced StudioB w/Susan		10:15-11:15 Senior Circuit Training w/ Mike T meet in Lobby.	10:15-11:00 Lower Body Toning Studio B w/ Maria		9:15-10:15 Indoor Cycling Studio B w/ Susan	9:45-11:00 Zumba Studio B w/ Vikki
		10:30-11:15 Senior Chair Workout Teen Center w/Maria			10:30-11:15 Senior Chair Workout Teen Center w/ Maria	10:15-11:00 Lower Body Toning Teen Center w/ Maria	
		Evening Classes	Evening Classes	Evening Classes	Evening Classes	Evening Classes	
		5:15-6:00 Express Boot Camp Studio B w/ Elaine	5:30-6:30 Cardio & Core Conditioning Studio B w/ Elaine		6:00-7:15 Cycling/Sculpt Studio B/ Elaine		
		6:15-7:25 Indoor Cycle & Abs Studio B/ w Jane and Nancy	6:45-7:30 Indoor Cycling Studio B w/ Walter	5:45-6:45 Small Group Personal Training w/Michael (Starts 3/10)	7:30-8:30 YOGA w/Nancy Yoga Studio .		
		7:45-8:45 Body/Sculpt StudioB w/ Judy	7:30-8:30 Dance Aerobics Teen Center w/ Judy	7:00-8:00 Zumba Studio B w/ Lisa	7:30-8:30 Dance Aerobics Studio B w/ Judy		



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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							7:45-9:00 Yoga Yoga Studio w/ Kristin
		8:55-10:15 Yoga Yoga Studio w/ Paula	8:55-10:15 Yoga Yoga Studio w/ Paula	8:55-10:15 Beginner Tai Chi Yoga Studio w/ Judy	8:55-10:15 Yoga Yoga Studio w/ Paula	8:55-10:15 Yoga Yoga Studio w/ Susan	
				10:30 – 11:30 Hatha Flow Yoga Yoga Studio w/ Risa			

Yoga – This class is for all levels and encourages well-being, relaxation, stretching and strengthening.

Beginner Tai Chi – This class will teach the fundamentals of Tai Chi, including Qigong exercises. Instruction will focus on relaxation, breathing, posture and body movement.

Our YMCA is one of the area's largest charities. No one is turned away from life-enhancing YMCA programs because of the inability to pay. If you need financial assistance, ask any Y staff member how to apply. If you can help us help others, visit our website www.summitareaymca.org.